



KIRKLAND TEEN

**348 Kirkland Ave
Kirkland, WA 98033
425.822.3088 • ymcaktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. The Y is dedicated to youth development, and alongside our partners and supports we're working to strengthen our community now and for the future.

Fall & Winter Hours

Monday, Tuesday & Thursday 3–8pm
Wednesday 1–8pm
Friday 3–8pm / 3–11pm if concerts
Saturday 4–11pm for concerts

Drop In

Anyone between the ages of 13 and 19 is welcome at KTUB during our open hours of operation. Play pool, video games, or ping pong, or check your email in our career center. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

**Register at
ymcaktub.org**



At WE Day 2016!

KTUB PROGRAMS

KTUB offers a regular schedule of classes with special offerings throughout the year. Programs range from video gaming to painting to learning about live sound. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. For most up to date information visit our website at ymcaktub.org or email info@ymcaktub.org.

Afternoon Snack

Come make your own healthy after-school snack in the KTUB kitchen! Snack will be provided every Monday-Thursday from 3:00–4:30. On Wednesdays, there will be guided opportunities to learn how to prepare and cook various healthy and easy to make, snack options.

*Mondays–Thursdays, 3–4:30pm
Guided Preparation: Wednesdays 3–4:30pm • FREE
Contact: Kalika Curry, KCurry@Seattleymca.org*

KTUB Teen Leadership Board

Meeting once every other week, with monthly service projects and special events, Teen Leadership Board is a chance for youth to actively shape the community at KTUB and in their community. Earn volunteer hours and make a difference where it counts. Being part of the KTUB is a fun and gratifying way to learn and participate, while gaining valuable experience necessary for any resume or college application.

*Every other Friday, beginning Sept 23 • 5:15pm–6pm • FREE
Contact: Danel Lawrence, DLawrence@Seattleymca.org
\$20 per academic year • Cost will cover program sweatshirt*

KTUB Tutoring

Need Math help? KTUB has tutoring available for Middle and High School students!

*Wednesdays, 3pm–5pm • Call ahead or drop-in • FREE
Contact: Danel Lawrence, DLawrence@Seattleymca.org*

Friday Feed

Friday Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13–22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Friday Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and promote healthy living principles.

*Every Friday, 6pm–7pm • FREE • Interested in sponsoring?
Contact: Danel Lawrence, DLawrence@Seattleymca.org*

Pokémon

Interested in learning how to play Pokémon? Join us every Friday from 6pm–8pm at KTUB, for our weekly games. Whether you are a seasoned vet or just beginning, all skills levels are welcome!

*Every Friday, 6pm–8pm
Call 425.822.3088 for more information*

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLUNTEER

You can positively impact lives right in your own community. Nearly 10,000 volunteers of all ages help the Y nurture youth, improve health and well-being and assist our neighbors in need. We value your time and enthusiasm and look forward to creating a fun, fulfilling volunteer experience for you.

Y KTUB volunteers enjoy:

- A wide variety of programs to fit personal interests
- Options for one-time, seasonal and ongoing volunteerism
- Making new friends, networking and gaining experience

How to begin

Contact Kalika Curry, KTUB Program Coordinator at KCurry@Seattlemca.org, for more information and to be sent a volunteer application.

Or visit KTUB to pick up a volunteer application.

OUTREACH/COUNSELING

Y(outh) E(astside) S(ervices)

KTUB partners with YES to provide an on-site counselor who provides free services to youth by scheduled appointment or drop-in. Young people can also connect with the YES team, who assist homeless young people with case management, finding shelter, transportation, access to health care or work towards family reconciliation when possible.

Mon, Tues, Wed, Fri 2pm–7pm
Tyrelle@youtheastideservices.org

FACILITY RENTALS

KTUB is the perfect venue for dances, birthday parties, graduations, and other group events. With stages, dance floor, café, and lounge, KTUB facility can accommodate any occasion. Our recently renovated board room is great for community meetings. KTUB rental opportunities are based upon the discretion of the staff team, and are events that support our youth driven mission.

For more information or details call us at 425.822.3088 or contact Kalika Curry, KCurry@Seattlemca.org

PROGRAMS

Culinary Cafe

From coffee to cooking, learn valuable tips and skills that will equip you to be versatile inside and outside of the kitchen. Learn, create, and taste in this delicious experience!

Wednesdays, 3:30–5pm • \$80 beginning Sept 28
Financial Assistance is available
Contact: Kalika Curry, KCurry@Seattlemca.org

CHILL

Burton's Chill Snowboarding program is a six week program that uses snowboarding to teach life skills and increase self-esteem all while participating in a new and exciting outdoor experience. No previous boarding experience is necessary. This program provides everything from transportation, to gear, lift tickets, and coaching at NO COST to the participant! This is one of KTUB's most popular and longest running programs!

Applications available in December • Trips to the mountain begin in January • Please contact Danel Lawrence (DLawrence@Seattlemca.org) if you have any questions

Paint for a Cause

KTUB partners with GGB, Girls Giving Back, to create one of a kind art. All paintings are donated to GGB to furnish their latest shelter renovation. This FREE workshop is the perfect way to get involved in community service or for a budding artist! All supplies are provided. All you need is your creative juices. Calling ahead is appreciated, so we can reserve your canvas.

1st Friday of the month 5pm–7pm • For more info please contact Kalika Curry (KCurry@Seattlemca.org) or check out these websites: YMCAKTUB.org and Girlsgivingback.org

Pool and Ping Pong tournaments:

Pool shark or ping pong master? Don't miss out on our weekly tournaments. Weekly winner will receive a \$10 gift card.

Begins September • Ages: 13–19 • Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for specific information

Monthly Community Service:

Come join KTUB on their monthly service projects, and gain some community service hours as well! Take part in fun projects such as, teaching kids technology, connecting with seniors, community cleanup, and many more. Each month there will be a different opportunity!

Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for more specifics about projects • Begins in September
• Transportation is provided

College P.R.E.P (Planning, Readiness, Expectations, and Preparation)

Thinking about college? Want to know what options are out there? Let KTUB staff support you. KTUB staff will work with youth weekly to help guide them, and make sure that they are on track to meet necessary academic requirements. Youth will work with a staff member to identify different secondary options, and resources for funding, suited to their needs. Staff will assist with the college preparation and application process.

Begins September • Weekly • Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for instructions on how to sign up and program specifics.

Café Stage

It's Friday Night! Come check out what is happening on the KTUB Café stage:

1st Friday: Open Mic (6:30–8pm)

2nd Friday: Poetry Unjudged (6:30–8pm)

3rd Friday: Acoustic (6:30–8pm)

4th Friday: Karaoke (6–8pm)

5th Friday: Game Night (6:30–8pm)

For more specifics contact KTUB Program Coordinator Kalika Curry (KCurry@Seattlemca.org)

